

Dharma Seeds Publishing

DHARMA SEEDS YOGA

Trauma-informed yoga



Daily Aphorisms



Daily Yoga Aphorisms

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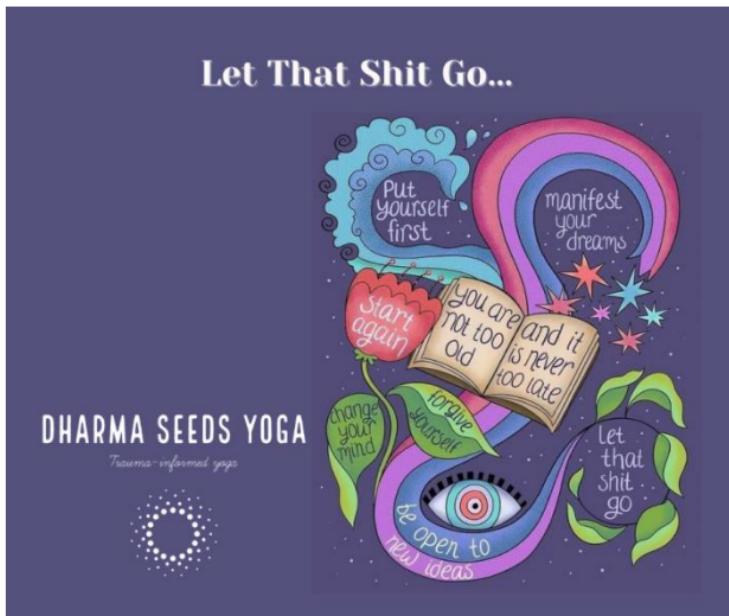
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DHARMA SEEDS YOGA

Trauma-informed yoga



Our goal in life should be to love ourselves unconditionally. Yoga, and meditation, can assist in keeping our bodies balanced.

The things we can change, we do, the things we CAN'T change, and we should just let that **shit go**.

Our peace of mind is to know the sacredness of our yoga mat and have all 10 toes on the mat.

Daily Yoga Aphorisms



The word *yoga* is derived from the Sanskrit root *yuj*, meaning “to yoke,” or “to unite”. The practice aims to create a union between body, mind, and spirit, as well as between the individual self and universal consciousness.

We “yoke” to the ancient divine that is permanent during all our lifetimes. *Yoga* is a ballet of sorts that connects us to our higher consciousness.



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Yoga is a journey. It's not an immediate goal or destination, but a continued practice that wakes us up. We awake to the real purposes of life when we practice yoga.

Our way of life expressed by the experiences of yoga is how we should live our lives off the mat. We must carry that energy over to our day-to-day life. This is the path of the real yogi.



Daily Yoga Aphorisms



I am standing in my
own altar, the poses
are my prayers.

We should strive, in time, to view our yoga space and practice area as holy. Clean with a full expression of your heart and passion with decorations. Art is to engage the mind and soul.

Our asanas, our poses, are our prayers. When we move past the rote memory and let our asanas become our prayer. Then our yoga time is sacred, meaningful, and purposeful.



You cannot always control what's going on outside,

but you can always control what's going on inside.

Aparigraha (Ah-par-ee-grah-hah) allows us to let go and open ourselves up for new experiences and opportunities. The 5th final Yama evaluates need over want and encourages us to receive only what is necessary. Letting go of anything beyond this is vital.

In my Sikh traditions, we are trained to observe our thoughts and analyze if we should do this now, or put it on the back burner. Our still mind is the goal.

Daily Yoga Aphorisms



Remember the excitement when you first embraced yoga? You were acting upon self-love by engaging in yoga.

The shit of the world can weigh our souls and minds down. Remember upon waking that our goal for the day is SELF LOVE, and then we can be guided to embrace the philosophy of Raja Yoga.

Self-love is essential as we all are creations of the most divine. That in itself is realizing the truth we practice Self Love.

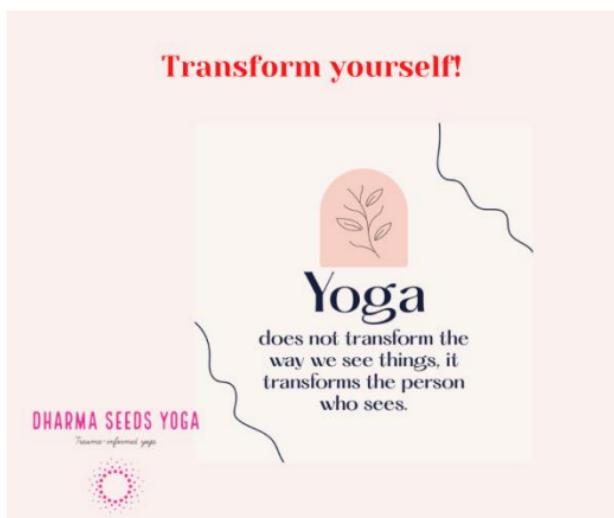
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So many spiritual paths place the mind as the source of all creation. Japanese scientist and author, Masaru Emoto, wrote about what he found to be water crystals. The crystals formed overnight had been placed by water in bottles on top of an index card with a word ranging from positive words to negative words.

The positive card crystals were radiant, magnificent, and amazing. The negative cards crystals were malformed and ugly. Our body's range of water is 45-75% by volume. So imagine what our thinking mind is creating inside ourselves.

Daily Yoga Aphorisms



You are an amazing creation full of supernatural potential. The best part is it's all in your hands and feet so to speak.

By adopting a yoga routine that is right for you, you can transform yourself.

Isn't it about time for you to begin this transformation?

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Being human and following ego-based decisions always make me laugh. I can be so forgetful of the truth.

Any spiritual practice is that, a practice, not perfection. We experiment, play around with, adapt, and transpose what our current body needs. This is all a practice, a SELF-practice.

Daily Yoga Aphorisms

Merge with the breath



I learned initially in studying meditation, that the first concept is to focus on our breath. When I was taught, we were instructed to breathe to the count of 4 and exhale to the count of 4. Four repetitions of this immediately flood our blood with oxygen relaxing and settling us down. Our core principle in practicing yoga is just breathing when our outside world may be in chaos. Just breathe!

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Who didn't ever as a child daydream about being a superpower hero? Did you desire a superpower as an ability of your character?

Simply put we must become child-like again in our approach to our yoga practice. Keep excited, engaged, and pushing forward in your ability/agility with your asana practices. You can become a super-powered yogi!

Daily Yoga Aphorisms

Realize your ULTIMATE



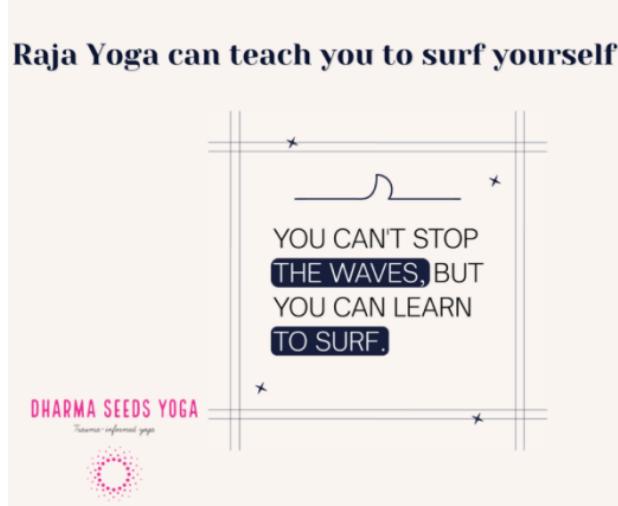
Listening to podcasts, watching yoga philosophy videos, and reading new and old books on our yoga path are all part of “hacking” our way through life.

Yoga becomes a tool belt in which we embrace life, transform, transmute, and overcome the trauma that is deep-seated at our cellular level.

Yoga does become the ultimate life hack.

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Raja Yoga can teach you to surf yourself



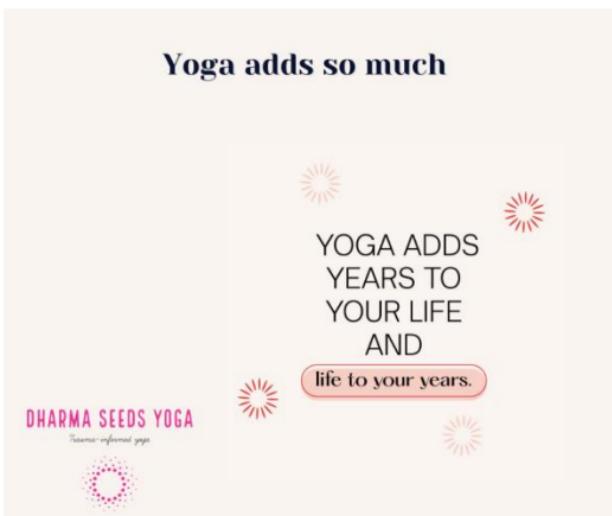
I struggled against ridding my life of the manipulation and obsessive control my father and mother raised us kids around.

Dad taught us to always think and prepare to manipulate what we want to manifest.

Too much energy, when I learned to surf life, then it began to be an enjoyable journey. Waves are fun and unexpectedly can divert you to new wonderful experiences. So surf...surf...surf...surf.

Daily Yoga Aphorisms

Yoga adds so much

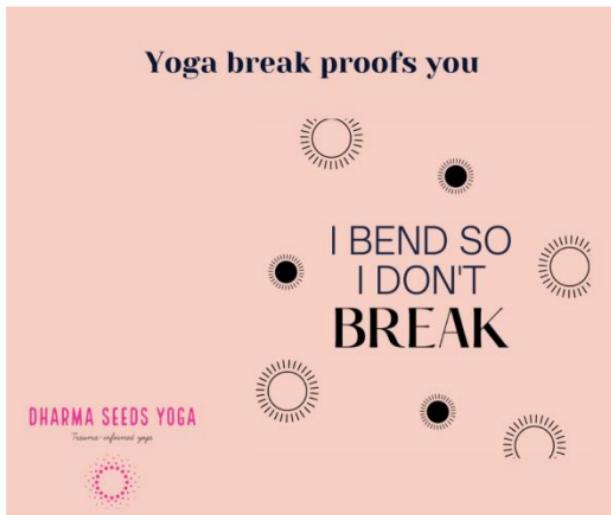


My meditation and yoga practices have added life but more importantly, they have added life to my years.

I know I am different, with unique learning disabilities that never held me back. In my imagination to live and be in the moment is the best life one can have.

So here's to you adding much life to your years through your yoga practice.

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We seem to have grown up in a world where products, cars, appliances, and craftsmanship, are all breaking. It used to be that products lasted 1 or 2 generations.

We have this preconceived idea that all things break. We do this through our yoga, and building our core muscles. We find we can bend and not break.

This new paradigm is our focus in leaning into our bends in our asanas and within our life.

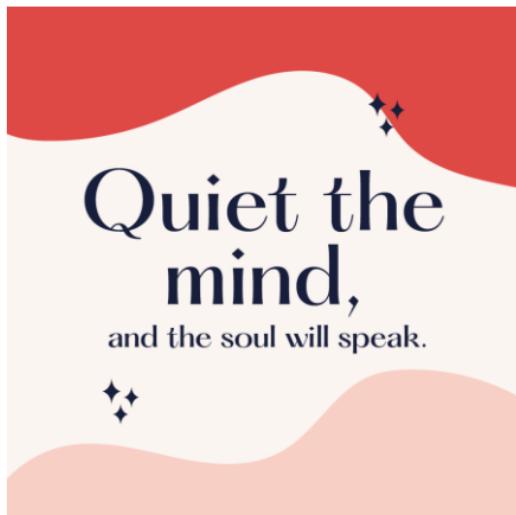
Daily Yoga Aphorisms

Using Prana to rid yourself of trauma



Prana is our life source. Just the divine creator breathed life into us, that breath is a direct connection to God.

Pranayama is the yogic practice of focusing on the breath. In Sanskrit, prana means "vital life force", and Yama means to gain control. In yoga, breath is associated with the prana, thus, pranayama is a means to elevate the prana shakti or life energies. Practicing our pranic breathing we most certainly rid ourselves of past/present trauma.



In my Sikh traditions, we are taught, Ek Ong Kar, One God, resides in mind. Yet it takes His (Sikh scriptures refer to God as masculine, but this is not misogynistic), has to grant His grace for God to move into our minds.

The process is to reach a state of equipoise. This requires a perfect balance of silencing the mind. Then the transformation can happen.

Yoga practice is an exercise in quieting our minds.

Daily Yoga Aphorisms



Reminding ourselves that our yoga practice is thus a practice and not perfection. Sometimes we do need to take a break from our routine when the act of participating in the routine becomes an obsession instead of a flowing organic expression.

Remember, always take care of YOU, yourself first. In time, through our practice and trusting in the Source of Life, we will receive all that is coming to us in this life for good.

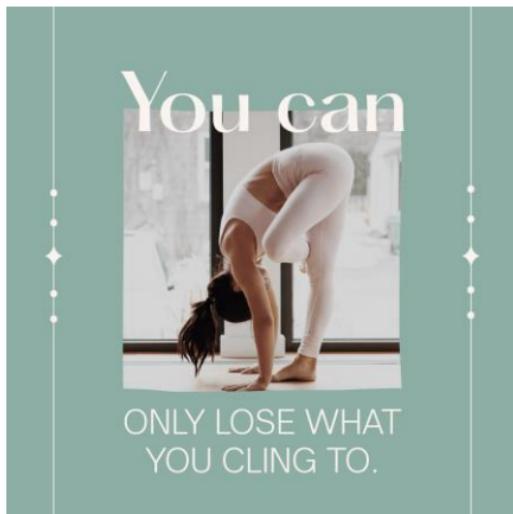


I've practiced many forms of yoga over the past 30 years. I began with Hatha, moved to restorative, tried my hand at Kundalini, and found my passion is within Hatha yoga. What has not remained consistent with me is a daily practice.

The teachers' training course of Prison Yoga Project, there has initiated in me a NEW beginning.

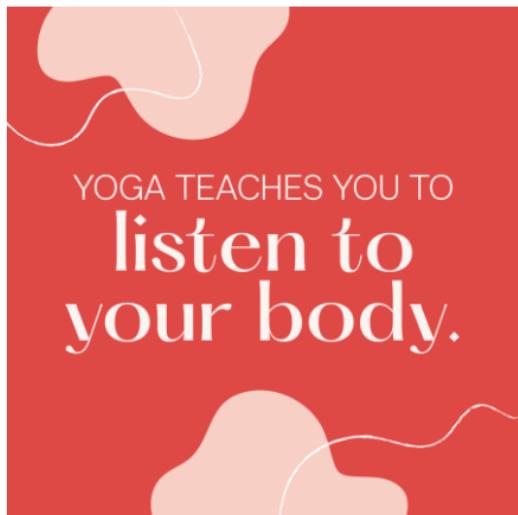
May your journey on whatever yoga path you align with. May it become a NEW beginning for you.

Daily Yoga Aphorisms



In accessible trauma-informed yoga practice, you can be assured of one thing. In time you will **LOSE** what is not important to your higher self. If you cling to your past without allowing the healing change to happen, you are clinging.

Learning to let go and be in the flow is the opportunity to grow. That is what our practice is about. Letting go and not clinging.



Harm happens to us when we seriously do not listen to what our bodies are telling us. Our intuitive self is always sending messages picked up by our Nadi system, our chakras.

Being still by the use of pranayama practice coupled with our yoga practice, and meditation, our “receivers” improve internally for us.

So do NO HARM yourself while practicing yoga. Listen to your body.

Daily Yoga Aphorisms



I first really embraced the Buddhist and Zen tradition of meditation, it was while I was incarcerated in the early 90s. I remember a lesson I received from the Siddha Yoga Prison Project. Baba Muktananda said, “You are where you are now from decisions you made in the past. The decisions you make today will determine your future.

Yoga helps us in learning to do the present in a more loving, ethical, and compassionate manner. What you do today matters the most about your future.





In my Sikh traditions, we are reminded
we are on this path of life alone, by
ourselves. We stand before Ek Ong Kar
alone as an individual with no one else.
We are singular.

We must learn this principle in our
present life. We must take care of SELF
first. Life is a precious gift from God to
journey back to union with Him.

It is when we practice self-care first,
that we simply are living in the right
yogic energy field.

Daily Yoga Aphorisms



All faith traditions point towards a wondrous creator who made us in their image. So we are genetically and ethereally part of a divine system.

We are naturally created to feel good. When we are in the right relationship with the divine our chakras and energy field are firing on all pistons.

So remember, you are fearfully and wonderfully made. Yoga practice is just an extension of that process to feel good and divine.



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Daily Yoga Aphorisms



When plans fail, which happens, causes me to laugh, we are in human form. To help us shift to a more dynamically fueled energy source, we can do so through yoga.

Accessible yoga that is trauma-informed, as Prison Yoga Project teaches. Our cells, our minds, and our souls improve. We learn to live within a more dynamic system that allows us to flow naturally with the divine.

Just do more yoga!



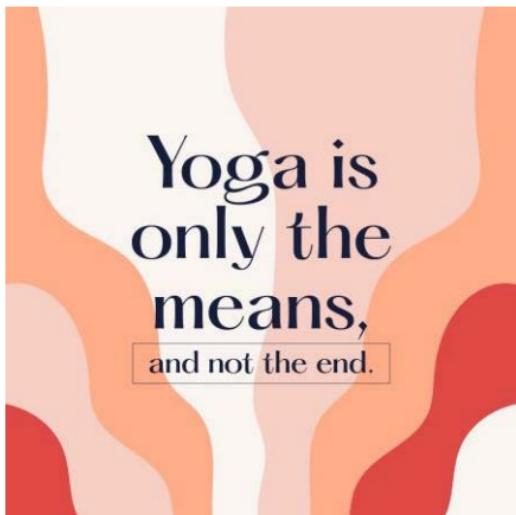
Our shared past traumas either in this life or in our past elders, this trauma has negatively affected us.

Yet the divine source knew what our struggles in human form would be, and thus gave us a system in yoga to correct this.

Our bodies naturally are a temple. We must purify it and stabilize it to remain in good working order.

Remind yourself of the 8 limbs of yoga. It will be your road map.

Daily Yoga Aphorisms



No matter when we start, restart, or adjust our yoga practice, we teach ourselves that yoga is the means but it is never the end.

It is a journey, winding twisting paths of the glorious outside beauty of nature, we find that yoga is the means to true life, it is not the end of life.

Keep practicing. Listen to your body. Practice the art of yoga in all areas of your life. This is your journey.



Our bodies are more resilient than we may at times give consideration. It is again wonderfully and divinely created with a purpose to fit into the world we live in presently. That is God's divine insight.

It is our mind that needs convincing. It is not a struggle, but embracing the challenges in learning which style of yoga is right for us now. Embracing the pranayama practices and asanas we keep our bodies in a divine and working order. Let your mind become equipoise.

Daily Yoga Aphorisms



It is quite amazing to me. The more I put into the consistencies of my spiritual practices which include yoga and meditation, my Third Eye wakes up. I see things in a different realm of divine understanding.

Yes, I even have learned to laugh at my old understanding washing away to a more perfect understanding. This is how I keep my soul happy, young, and healthy.

I encourage you to keep up with the practices that assist you. That is all you need to do.



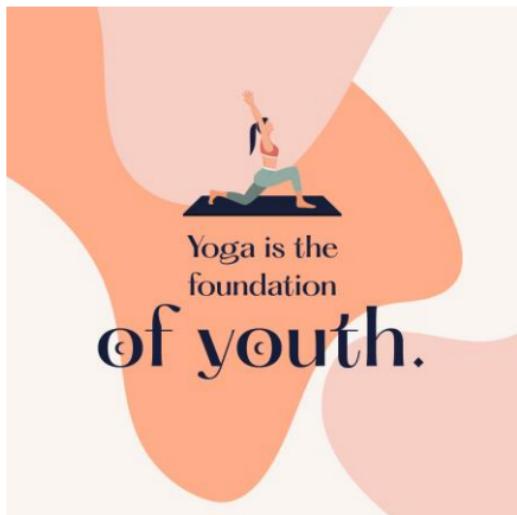


Old ways of thinking do not serve our true SELF. We have to learn new thinking. By practicing what we've learned in yoga teachers' training we change our minds to become symbiotic with our yoga path.

It is the mind that has to change. We change by reading, practicing, and engaging in life in all manners in alignment with our yogic understanding.

You got this! Just be gentle in reminding yourself of this truth.

Daily Yoga Aphorisms



I've always lived my life doing whatever my passions may be at that moment. I've had some wonderful artful, music-laced, theatre life. It's been an amazing journey.

I always was a FREE SPIRIT. I honestly think this attitude has kept me young at heart and within my soul.

Free your inner child to embrace your yoga training and practice. It is within youthful expressions life is presented to us in a flash of very divine brilliance.



Our yoga expression should always be rooted and grounded in a playful demeanor. We play with asanas, and find new ways in their expression in our bodies. The individual ways we approach our asanas is for us.

The workout of yoga is a playing exercise. It requires us to be inquisitive, inventive, and unique. Just like each of us is. So make your yoga practice in a way that you are “pretending” to work out. You truly are working out the bad..

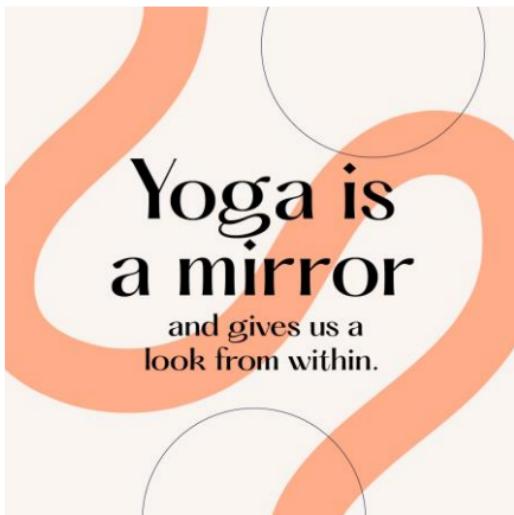
Daily Yoga Aphorisms



God gave us our life in this time frame. It works best as a faucet that allows water to free flow.

Yoga helps us to let life flow as the divine gift that it is. Our minds can make it difficult.

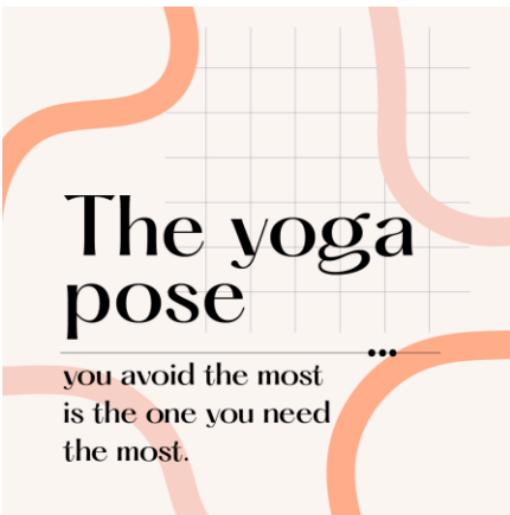
The easy way is to keep your 10 toes on the yoga mat!



In my first 10 days Chan Zen silent retreat, I learned how our mind peers into the proverbial mirror of life. When we become angry at another way of living we can say, they are just a mirror of me. Like all things that upset us, we tend to have a piece of that same quality inside ourselves that we may be blind to.

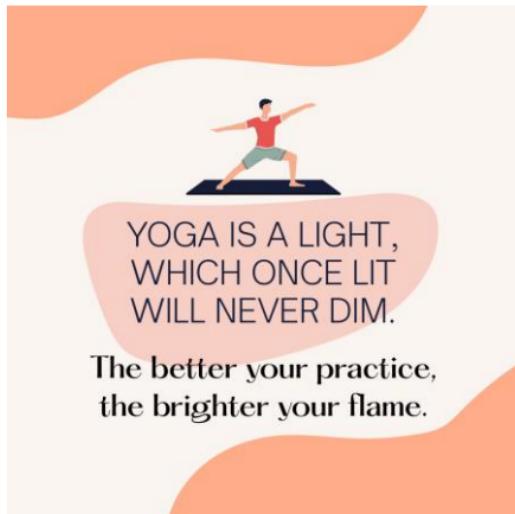
Yoga practice is one of the fastest methods to get rid of that mirror projection. In time our yoga helps us to reflect on a more divine view than egocentric.

Daily Yoga Aphorisms



I want to gently remind you that our asanas are our gift from God. The pose itself is what we truly need. We might need to use props, we might need to vary it in a manner that is right for us. But the truth remains, that yoga is what I need.

When you become frustrated over a pose, let it go, look for new options that are right for you. That is keeping the poses purposeful and meaningful for you.



I remember hearing as a child in a Baptist church, that as God's children, it is our goal to be the light shining that no bushel can cover.

Yoga is just that light. When we rid ourselves of barriers from the divine within us, we shine. Yoga is like the pearl wax applied to our outer glow.

May you now find that light that can't be dimmed by your yoga practice.

Daily Yoga Aphorisms



One must learn to be self, through the self, to the self. How does this happen?

Showing up with gratitude for our yoga practice is essential. Just like breathing is natural and much needed to live, so is our yoga practice.

It is a journey that will lead us to our true SELF.

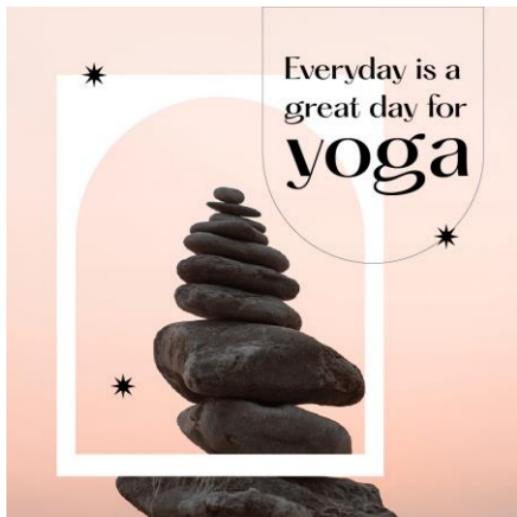


I've been an artist one way or the other in all aspects of my life. I love being creative and within my right brain hemisphere.

It is when we are in that right hemisphere that we lose all conscious constraints that time may have. We get lost and absorbed in our art.

The truth is, Yoga gives us time in a new dimension to play around with.

Daily Yoga Aphorisms



Our focus on the present moment takes us away from our meaning which can easily become a troubling moment.

We have the antidote for this.

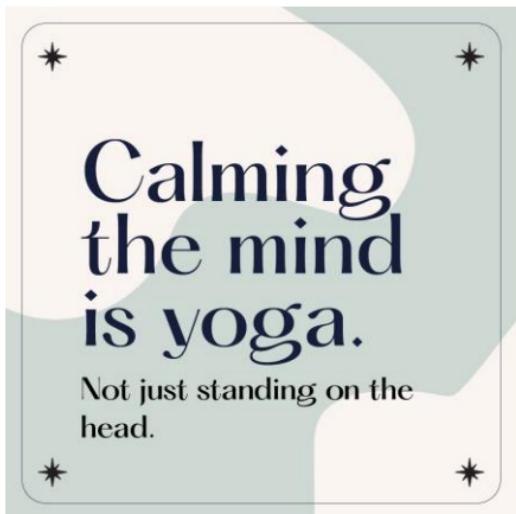
It is called yoga and meditation. So every day is a good day for yoga!



There is no perfection in our yoga practice other than the opportunity to be curious. I remember I loved spending time in my youth inside a library exploring whatever at that moment was making me curious.

We have to be like our youth in the inquisitive manner in which we approach our asanas.

Daily Yoga Aphorisms



Oh, I have to imprint this image onto my mental mind. At times I think it's the yoga mat and being upon it will calm me down.

Rather it is when I APPLY the training, do more research, and express yoga beyond and off the mat, that the true calming of the mind happens.

Applying and living by the teachings we embrace off the mat, will certainly contribute to the calming of our mind.

The very heart of yoga practice is 'abyhasa', steady effort in the direction you want to go.

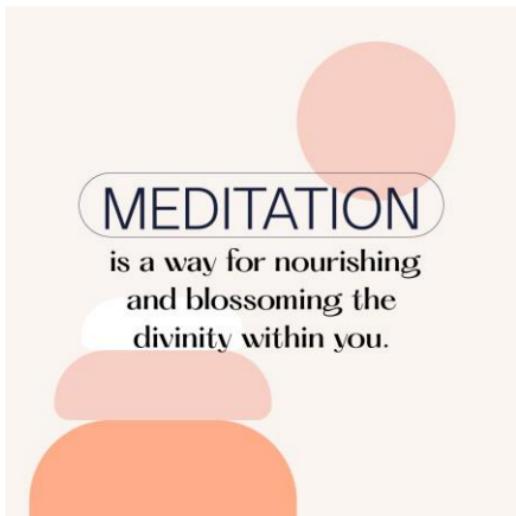


What's the old analogy saying? I think it is the slow and methodical goer that reaches the destination first. Or it is something similar to this.

According to Swami Krishnananda sutra 1:13 means "Abhyasa or practice is **the effort to fix one's own self in a given attitude.**" Prolonged periods of practice within a given attitude to align ourselves with our soul's freedom, is practice.

Whatever this may look like for you on your yoga journey, may you find it now.

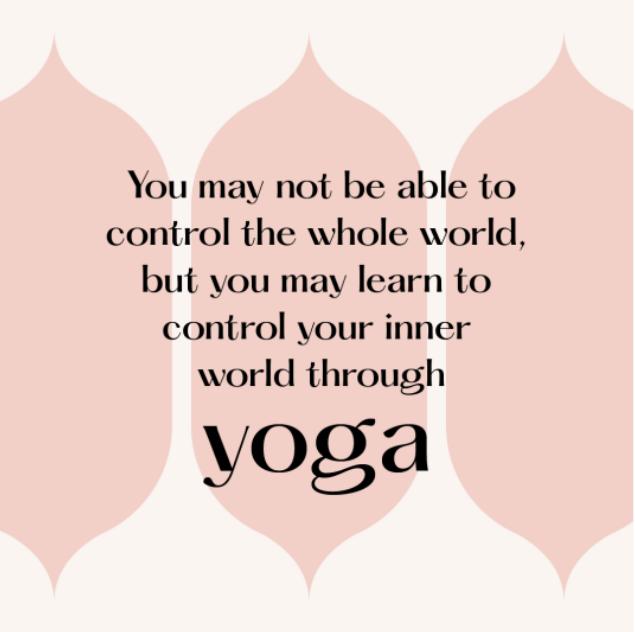
Daily Yoga Aphorisms



Over thirty years ago I embraced mediation as extolled by Ashvaghosa in his Awakening of Faith treatise. In the book, he explained the thought of nothing not even the thought of nothing as a meditation. He also said to view life as “the past is hazy as a dream, the present is like lightening, the future is like clouds rising suddenly.

Meditation truly nourishes our soul, our mind, and our body. Don’t neglect this sacred art of awakening.





You may not be able to control the whole world, but you may learn to control your inner world through **yoga**

I remember the day I first read in our Sikh Sri Guru Granth Sahib scriptures that ALL of “this” around, below, and above us is all God’s play. He is the creator, author, and director of this play. Boy, my ego was shot to hell that day!

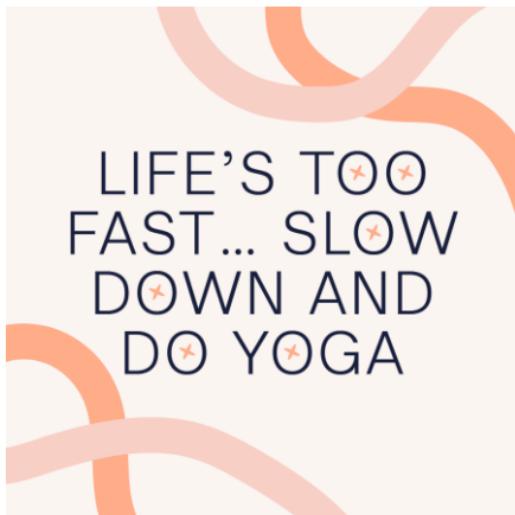
At the time that approach to my way of life helped me to let go. Yoga and meditation control our inner world.

Daily Yoga Aphorisms



As long as I remain in human form, there will always be a residual effect on how I perceive or misperceive life. Yoga and meditation allow me to see past my human magnetism to the concept of perfection.

In reality, there is only practice. There is never perfection in the human form. At those times I like to remind myself I am a spirit being having a human experience.



The proverbial dog chasing its tail is how we used to live life. It was a rat race.

Yoga and meditation help us to slow down to see life as it truly is. An opportunity for the divine to flow from us naturally to assist ourselves and others heal. It's called slowing down.

May you find the slowness in your life for yoga to do the highest good for your true SELF!

Daily Yoga Aphorisms



What is light? It could be the illumination, or less weighty of a situation, or even the mystical form of finding God in all things.

Whatever it may be for you realize that through yoga and meditation you do become light. As if all the definitions are being expressed naturally or supernaturally in the present moment.

To keep that energy flowing like a babbling brook, one must keep consistent in their spiritual discipline. This allows the light to shine supercharged.



Inside all of us is a piece of the divine mystically implanted inside ourselves, right? We have to wrestle the life puzzle in recapturing the true meaning of that divine spark.

When we tap into the piece of the Divine within ourselves, mystically placed by God, we find our true peace.

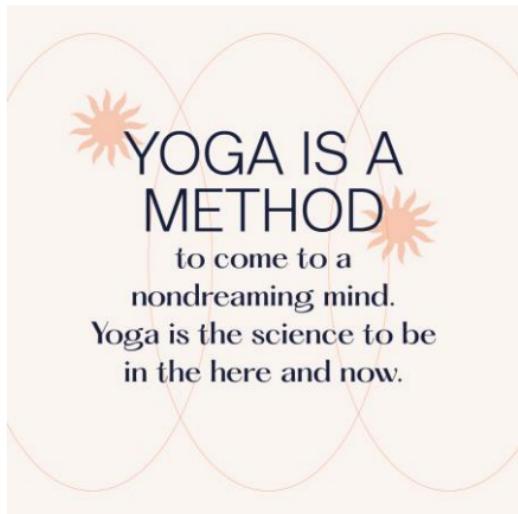
The mediation upon that piece of God within us shall always bring us peace.

Daily Yoga Aphorisms



I'm beyond grateful for what my yoga teachers' training with Prison Yoga Project has transformed me. I am living proof that this works, as you well know yourself.

Let us each day be grateful for our connections to each other. Let us know our practice keeps us in Union with the divine. There is so much to be grateful for. If only we took the time to be more grateful in life.

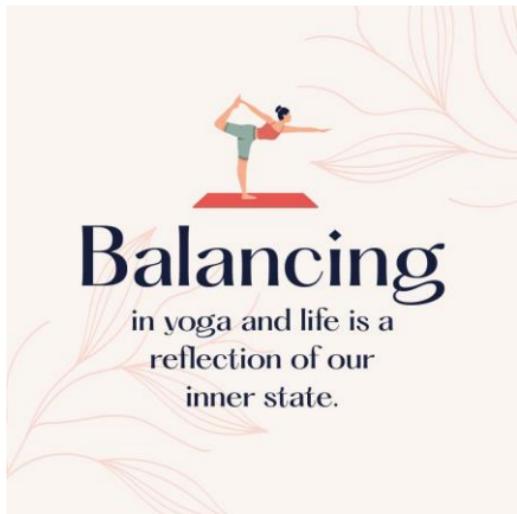


The methodology is a fun word. It is likened to social science as we are all in our lab coats experimenting with our practices.

Experimentation is the progenitor of coming into our understanding of how this yoga practice can work for us.

The divine system of yoga allows us to see the methodology in transforming our minds, bodies, and soul.

Daily Yoga Aphorisms

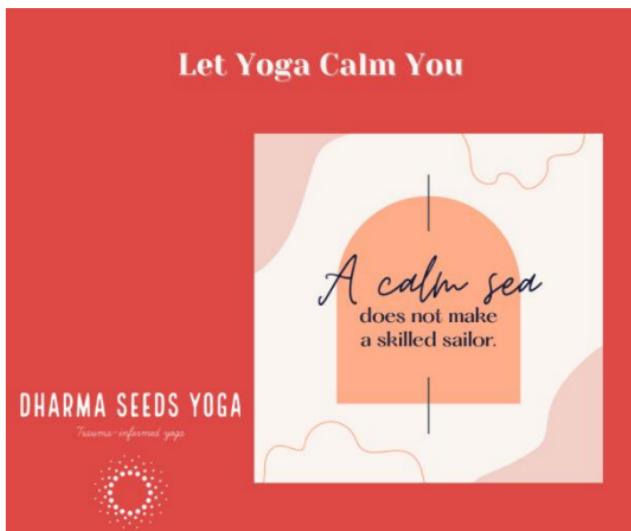


Daily changes due to the ebb and flow of life can be challenging. It shows up with our medical issues, family, work, or passions. The way it all plays out daily changes as often as the direction of the wind.

It is when we can find the balance, the equipoise of our practices that our inner state also becomes balanced.

Following this balance, it will lead your soul home to the divine.

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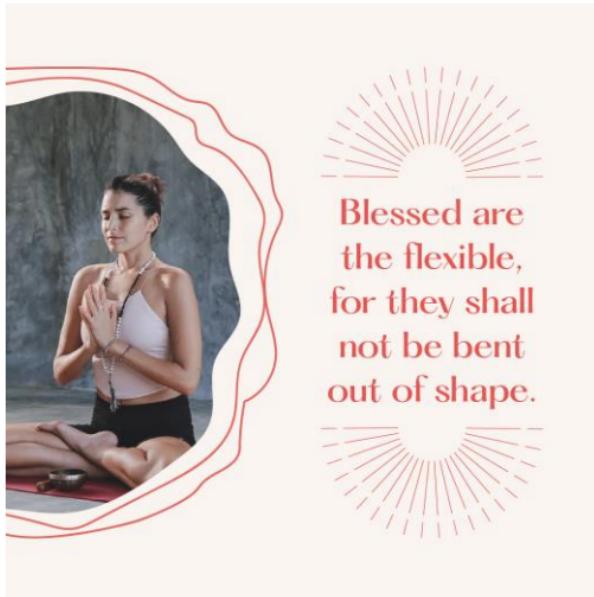


One of my nieces is a trained dancer. Her grace in expressing art through her body is amazing to watch.

Yoga is a divine ballet. We can move past the academic approach of yoga asanas and tap into them as an expression of prayer. Then truly our yoga practice is on the right path.

May you find the beauty within yourself to be free in your prayers through the asanas.

Daily Yoga Aphorisms



Blessed are
the flexible,
for they shall
not be bent
out of shape.

Laughing at the pun of not being bent out of shape. How often my monkey mind can get me bent out of shape so easily.

Blessed are we at how the system of yoga can keep us from being bent out of shape mentally. By being limber and flexible in our yoga asanas, we bend our SELF in ways that keep us from being bent out of shape.



*My body is
my temple
and asanas are my
prayers.*

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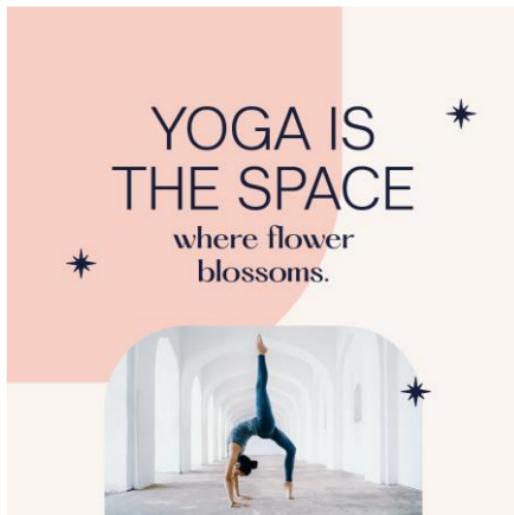


When breath control
is correct, mind

**control is
possible.**

Control, brute force control of things, is not the correct method of living. Yoga teaches us through grace that with our right understanding of prana, and breath, we can achieve control of our minds.

Letting our expressions through our yoga practice, control takes on a completely different meaning. To me, it's not control, but it's the mechanism that oils ourselves properly with divine intervention. That is the ancient art of yoga.



Flowers are full of varieties and smells and colors. We all are merely flowers in the Garden of God. So then we need to look at our yoga space as the soil for our flowering.

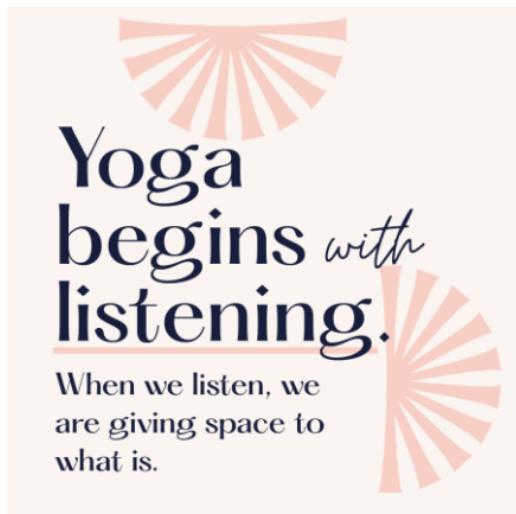
God hasn't created us to not bloom. We blossom rightly so when we practice our meditation and yoga. Combined it is the divine nutrient to being in harmony with the divine. That is our utmost goal in this life.

Daily Yoga Aphorisms



Oh, my caustic sense of humor that sometimes I think I am the only one that gets it. Wine and yoga. Nude yoga, Hawaii beaches yoga, Nepal mountain top yoga. Whatever our go-to vices of relaxation may be, together with yoga it is a perfect match.

Give yourself the freedoms to enjoy the fruits of God's divine creation in herbs, plants, fruits, and vegetables. But always pair them with yoga!



My birth doctor said I was vaccinated with a phonographic needle at birth. Even though I had a pronounced speaking impediment, I loved to talk. It was no wonder I was on the radio by age 16.

Talking has been a passion since my early days, due probably to my deficiencies in speech. Yet with this Prison Yoga Project teaching, our intuitive teachers helped ease us into really examining the yoga philosophy in our own lives.

Listening is now one of my favorite exercises.

Daily Yoga Aphorisms

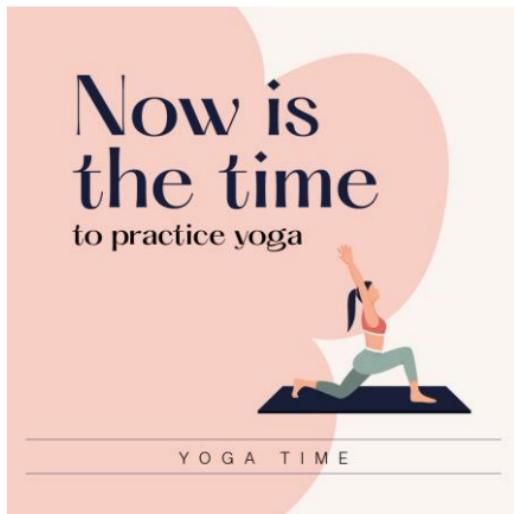


Yoga is the best tool to help
you change your mind
about your body

Growing up in a rural farm setting, within a short distance from my paternal grandparent's 80 acres, I witnessed the need for the right tool at any given moment. My grandfather was a packrat when it came to tools. A hodgepodge of tin cans of Folgers coffee held numerous nails, screws, and washers, with a wide variety of sizes. Simply as I.P said, "By God, you don't know when you will need this!"

Yoga asanas, meditation ideas, and yoga philosophy aphorisms have become our tool belt. Cause by God you don't know when you will need them!



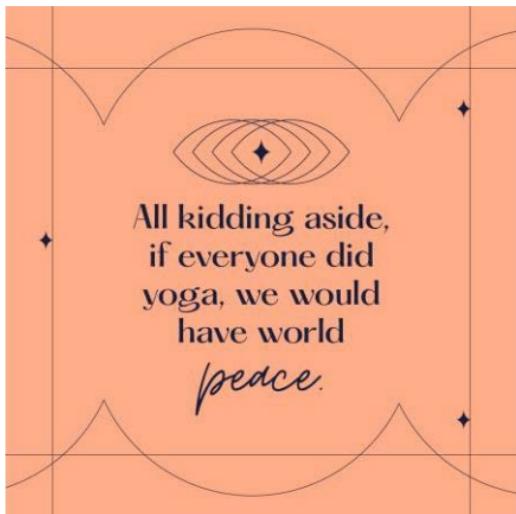


What is time? I love centuries-old rural cemeteries. What a perfect example of time. So many names to be seen but no idea who or what they were. Our time in time is forgotten.

This gift of human birth on this planet by a loving Creator, I will always remain so grateful. And it furthers the concept that my TIME on this planet is about reconnecting to the Divine.

Yoga...this is my time to connect once again with the Divine, which is inside me.

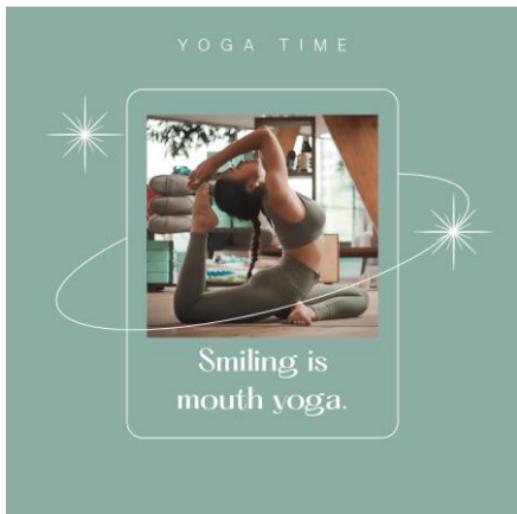
Daily Yoga Aphorisms



All kidding aside. Let's look at this from many angles. Kids, teaching them yoga helps bring about world peace. Kids, child goats, I love goat yoga! Kidding around, as in, yoga is a yoyo for the body.

We all desire world peace for all the kids in the world. Realize just how precious a gift you are by becoming a yoga teacher.

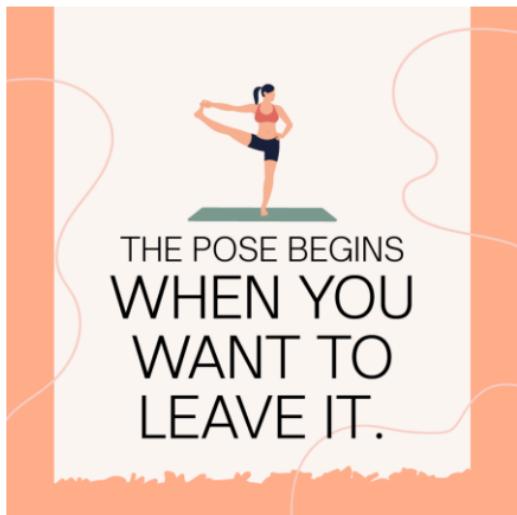
Dharma Seeds Publishing



When I first was introduced to Kundalini yoga it was from a suggestion of my sister. Her teacher at the time during the fringe beginning of Covid-19 was Snatam Kaur. She is a singer who is obviously and divinely gifted with mouth yoga. She is a fabulous singer, communicator, and helpful in forming the mouth for delicacies of chants.

No matter how you use your mouth for yoga. May it always be so with the graces from God. May the angel's flutter give smiles to those all around.

Daily Yoga Aphorisms

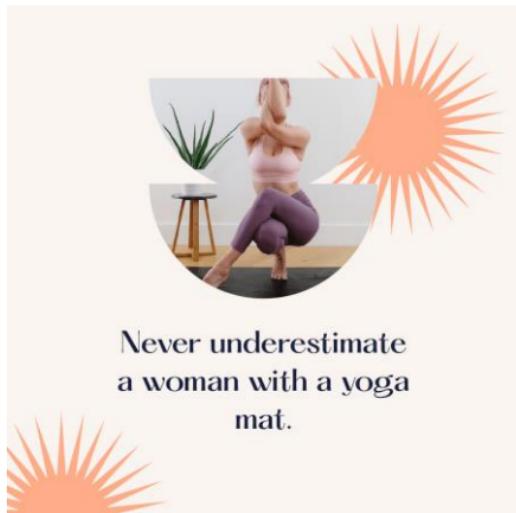


Football conditioning was in my mind an exercise of torture from our coaches. They loved to push us beyond our pain levels and aspirations.

Yet with yoga, our first rule is to not harm ourselves. Yet we know if we gently press a few seconds longer, that twist, fold, or stretch can be helpful.

Always listen to your body first and foremost. Just realize sometimes that the pose begins when you want to leave it.

Dharma Seeds Publishing



Never underestimate
a woman with a yoga
mat.

Thankfully I grew up around some strong matriarchal examples of freedom to be all they could become. My mother was a hard industrious worker in the airline industry. She also was an entrepreneur in the oil and gas industry. My Indigenous sides of the family were rooted in matriarchal freedoms.

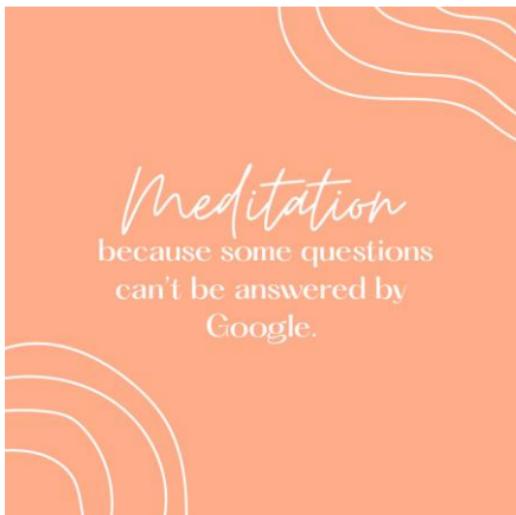
My grandmother who raised me was poised in grace and unconditional love. I always knew the power of women and that they were coequals. Thankful the yoga industry is held together by strong women.

Daily Yoga Aphorisms



The Beatles, All You Need is Love. What a great song. We've seen in our dark historical past of a nation what happens when we embrace others, diversity, and color of skin, out of fear instead of love.

Yoga, our training, our resolve to always be open to learning, we learn to live in love. We teach out of love. We listen out of love. We live our life based upon the divine love that created us all!



I was thankfully raised during the period of card catalogs, the Dewey decimal system, and free libraries. Yet the ease of Google is now so in disposable in our society. It is so fast and easy than driving to a library. The waiting for the weekend trips to the library helped pass the week.

Being still, letting our minds become equipoise in the silence around us. No thought, just divine communion with no words or thoughts. Truly I found that this opens us to divine insights.

Daily Yoga Aphorisms

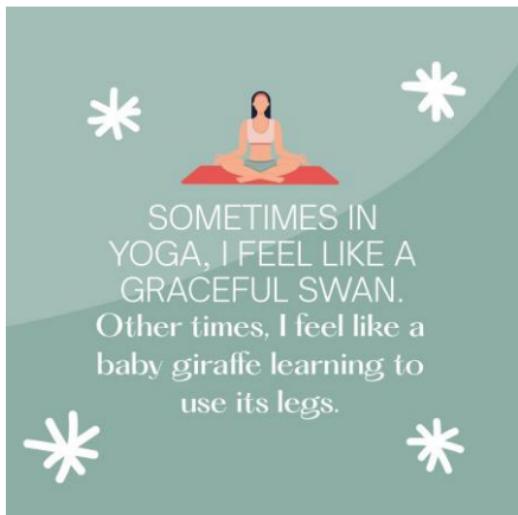


Yes, this is so true. Though at times a good slap is good to fuel the water cooler talk. Just ask Chris Rock.

But seriously, yoga helps transmute our inner anger, from our past trauma, and turns it into a divine chance for inner peace. Yoga assists us in healing on so many different levels.

Yoga is a divine gift to us all.

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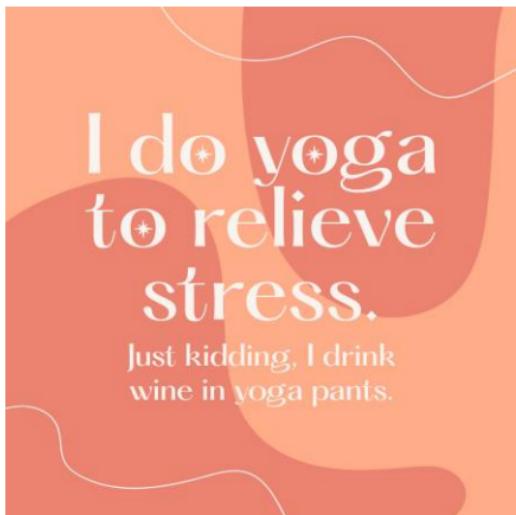


SOMETIMES IN
YOGA, I FEEL LIKE A
GRACEFUL SWAN.
Other times, I feel like a
baby giraffe learning to
use its legs.

Before neuropathy hit me, I was so limber and agile. I was also quite the daredevil. Transitioning from that agility to having issues of stability, well, I was not as graceful as a swan.

We all have something that quite makes us each less agile than we used to be. Finding the grace to hold both those opposites as one, there is self-love in there as well. We can be both swans and giraffes at the same time. Acceptance is at the heart of our yoga practice.

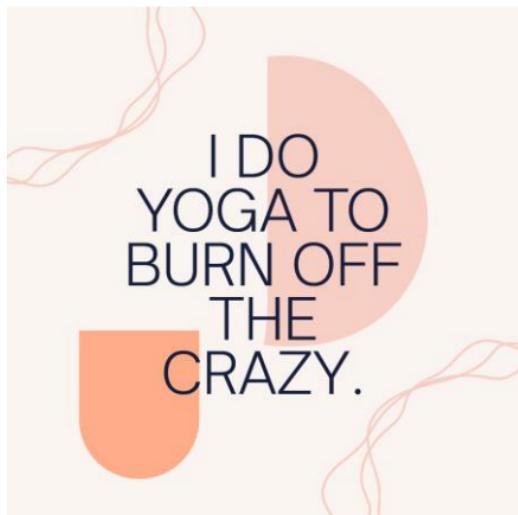
Daily Yoga Aphorisms



Just like the old saying, I don't do drugs, drugs do me. At times I honestly think I don't do yoga, yoga does me.

Humor is a nicety that we should welcome into our lives daily. Finding joy in our humor as we embrace our challenges with yoga, is a yoga exercise in and of itself. A mystic conundrum.

May you find the essential humor in embracing the conundrums of life.



Chögyam Trungpa, a Tibetan Buddhist meditation master, wrote a book called Crazy Wisdom. His lineage is experiencing turmoil due to some crazy actions of leaders. It is always crazy around us. It is just part of the human condition.

How we respond to that craziness either shifts us away from crazy, or it drives us crazy.

Yoga is the mechanism to burn off the crazy. It's a divine comedy for sure.

Daily Yoga Aphorisms



When I first embraced Zen it was a total mystery. Through years of study, it showed me that Zen is everyday life. Or it can be.

Drop and place your ten toes on the yoga mat! That is how we do floor Zen. Zen can be the present moment, or how we respond to the present moment.

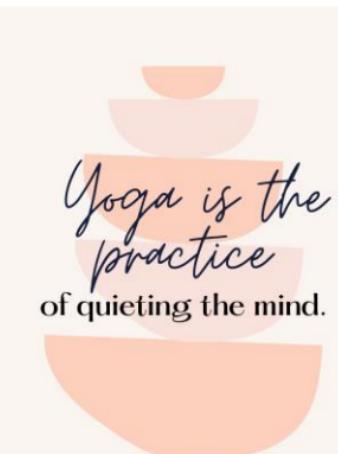
What I do know is that yoga in the present moment is my zen. So what do you drop?



One of the greatest sayings I think Swami Vivekananda wrote in his book Raja Yoga, is, “Truth does not need any props.” Truth does stand on its own accord with no props. We must first be willing to embrace that truth.

Religion is just an adjective. It describes the filter you choose to use view life. That is not a judgment, just acknowledging the truth. But the real TRUTH is beyond description or adjectives. We must be willing to venture to embrace this idea.

Daily Yoga Aphorisms



*Yoga is the
practice
of quieting the mind.*

Band practice is and can be a very loud encounter. Yet at times the melody of the richness of instruments can lull us asleep. That delicate balance of practice and quietness. That is what our goal is in our yoga practice.

Yoga leads us gently into the quietness of the divine that is inside all of us. It is that thread that weaves into every soul. Yoga allows that thread to grow stronger. Teaching yoga helps string in new hearts.

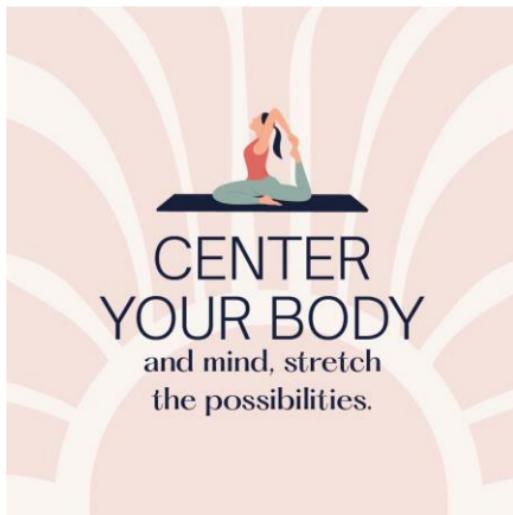


What is our real voice? When do we finally embrace the totality of the validity of our voice?

Teaching yoga is grace and a gift from the Divine. Through teaching, we unlock the true voices of our students. You see them glow when they realize the beauty within themselves is unlocked by yoga asanas.

That is the rain we want to fall continually.

Daily Yoga Aphorisms



My body is not my home, yet is where my soul resides in this human form.

Centering my body through yoga and meditation stretches the possibility we can see our life potential.

Practicing yoga brings us to the awareness we each have to touch others' lives in a healing formable manner.

Centering ourselves brings us into touching the divine inside us, and all of us together as brothers and sisters. May you find you have extreme possibilities with your yoga practice.